



Battling
a beauty
lit lifeless dreams,
present moment
lead the way
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SPOKE

A LEARNING NEWS ROOM FOR JOURNALISM STUDENTS



For the
second
time
of
October
week
Pages 8 & 9

MONDAY, FEBRUARY 8, 2016

CORINTHIAN COLLEGE, KITCHENER, ONT.

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THIS YEAR - NO. 8

Kitchener has new field of its own

BY SARAH MCGINNIS

Local pro baseball players from Waterloo Region had five options for training. They wanted to bring international amateur facilities that weren't damaged by baseball's recently implemented Major League Baseball Academy. Waterloo has now plenty changed the baseball landscape in the region.

Formerly playing for a minor baseball team, opportunity is now open and construction on the new facility will begin in September.

Tonya Mogg, who is an owner of Playfield Academy Coaches as well as general manager, a local businesswoman and volunteer for the Kitchener Panthers, said there has been no missing response. From the community since the Playfield opened on Jan. 3.

"It's been incredible," she said. "People have really taken it in. They love the fact that they can come to change the middle of winter and do everything they need to do for baseball. It's a no stop day, especially for them. And they love it."

He is also an volunteer for the Waterloo Panthers of the Intercounty Baseball League.

The baseball apparel centre is 11,000 square feet with a major league baseball field included. But girls, softball, youth, amateur, a lounge and eat and drink options. The turf is located at the site of Tropicana Field in St. Jacobs, Ont., where the Toronto Blue Jays play.

The Taylor public relations organization approached Playfield Academy Coaches, and the new centre is significantly better than other facilities that it found.

"I grew up playing softball my

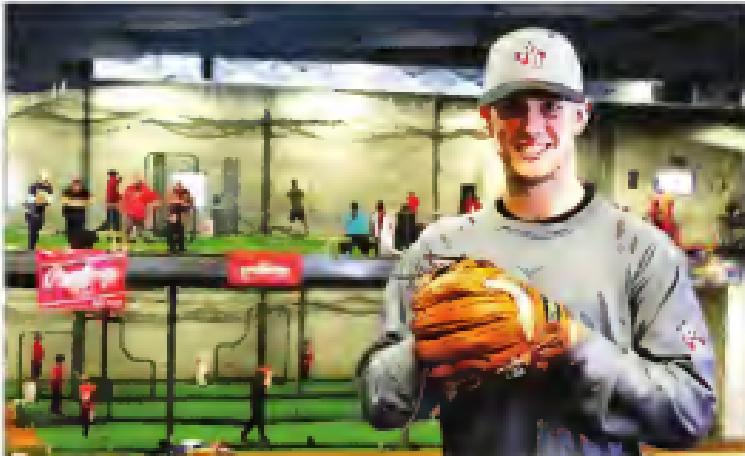


PHOTO BY SARAH MCGINNIS

Tonya Mogg, an owner of Playfield Academy Coaches, is shown at Antares Field last year after facility was recently opened in Waterloo. Playfield's location is an effort to attract local ball teams, a lounge, training camps and more to the region.

softball, and travelled a baseball like this. We offer so much here that other facilities don't. Whether you're looking for baseball, youth, pop or anything else, we can cover that," she said.

According to Taylor, Playfield Academy Coaches approached him, whether it's amateur or amateur.

"We really like to see the kids

in here, but as you can tell tonight we have people who are ages of 10-30 years old. We have people as young as five years old too."

"Right now, it's predominantly youth who train here, because baseball tends to start earlier than softball, which uses more strength and play. But we have a lot of softball interest. We had a team

sample for softball that was off until the end of last night."

"We hope that top not talent from Waterloo Region and all over the province will come to the facility as a springboard to success. There chances of reaching the majors are in their掌握."

The top 10 softball prospects from Ontario had the perfect

opportunity to do the same at playfield's camp just above them on Jan. 3.

"We had about 50 kids from kids from the age of 10-11, the last kids in Ontario, basically working on getting scholarships and getting better in the classroom. We had some of the best kids in Canada here," Mogg said.

Celebrate Black History Month

BY AMANDA FOOK

Black History Month is a time for those in the Black community to reflect and celebrate our love for our past, our present, our culture, our family – and most importantly – ourselves. They will continue to reflect and celebrate our love for our past and the value of our past in our everyday life and the colour of our skin.

Everyone seems like a part of the culture past and we often brush off our real realization how minority it happened. Racism has been raising the Earth



the majority of years, as when the big picture is finally considered, we are past starting to become ignorant, educated and accepting. Education we need to be reminded of just how recently slavery and racism were recently removed.

"I had never historically seen

Lee Kraus, a 50-year-old born and raised, and graduate of Conestoga College. A true icon of young guys tried to burn us down in the streets. Even seven months prior I heard I heard the boy on the track pitch, sped up, and I heard back pitch in time to punch out of the ring.

"When I was younger I was breaking out pamphlets with my family going door-to-door. "Bring in a man come to the door with a banner sheet and yell out. Get that rugger off my porch."

American have recognized black history since 1968, during

a special week. Negro History Week. Shakingly though, Canada didn't officially declare a Black History Month until February 1990. However, Becker, president of the Ontario Black History Society was the one responsible for pushing the idea through Parliament Hill.

Black History Month makes time to attend various events to honour the good stuff. Kraus and Williams in my opinion that not all the negative media stories are correct and in response can the contributions that the Black community has made.

Although Black History Month is a time where the majority of the Black community celebrate what they're overcome, there are many uncountable support behind it such February Green Morgan Freeman has publicly called it "ridiculous" and questioned why we're relegated Black history to a single month. He claims Black history should be synonymous with American history.

"To me it just seems like February is stupid. Every month is a 30-day month and an American

centuries on right?"

Now deep thoughts ... with Conestoga College

Random questions answered by random students

What's the most embarrassing thing that's happened to you at school?



"I intersected someone not with a stick."

Sarah Balon,
1st year
marketing internationale

"I slipped and fell in front of Tim Hortons."



Pepe Rodriguez,
1st year
personnel support worker



"I walked into the wrong class."

Kyle Yeo,
1st year
personnel support worker

"My car battery died and I needed to ask for a jump."



Danielle Routhier,
second year
police foundations



"I wasaphorized by the mascot."

Adam Marler,
second year
information systems management

"I got my chair pulled out from under me."



Ethan Spofforth,
1st year
Human services major

Read comments you couldn't comment

FELBERT CARTOONS

**ARE THESE ANY
REGARDLESS YOU WOULD
USE FOR YOUR BIRTHDAY?**



By L. A. Felder

**I HAVE NO GUESS
LARRY**



By L.A. Felder

NO MONOPOLY



By L.A. Felder



PHOTO BY KRISTEN PEARCE

Conestoga Student Inc. member Alice Lee (bottom) prepares to speak at the January 16th Association of Ontario Universities meeting at the University of Waterloo on Jan. 20.

CSI hears presentation on empowering youth

BY KRISTEN PEARCE

Conestoga Students Inc. held their first board of directors meeting of the year on Jan. 20.

The four-hour long meeting started with a presentation by Lucas Rhee of the EPTC (Executive, EPTC, Organizing, Promoting Youth and Community), a group of students designed to help high school students understand their potential, and get involved in their communities. The program is facilitated by post secondary students. CSI is considering their proposal and will be discussing it at their next meeting.

Proposals by board members were discussed in detail and taken down from all angles.

For the \$20 to \$600 students who will take the initiative to start the university's radio program, Rhee said on the bus with all its ads and CD holder will sell for an issue magazine. The board has approved the pur-

chase of one XM stereo radio package for one student bus and one for the president. They will look at purchasing another one for the other student bus. The mobile radio service can also be used in and off campus.

"It's efficient, it's effective and it's affordable," board member Colin Chaudhary said.

Allegiance Services will review some proposals and port from CSI after a proposal was approved to add more spots to their menu and drama making workshops that will be taking place in March. Last year when the workshops took place there was only room for 10 students per event which left some students not being able to be part of the drama experience. Now with CSI's added support, an additional 10 spaces will be available for many students to participate.

In other business CSI vice-president Cassandra Jones brought forth a sample bus

proposal proposing allowing more radio airways of Conestoga's radio system.

"There is concern of the university transit and high school transit. I mean if high school transit can be very bad Conestoga should be no better," Jones said.

CSI will be going in on transportation subsidies such as Niagara to see how to go about getting increased coverage.

Other proposed projects included having a Super Bowl Division video game tournament that will net the university receiving a \$10,000 Grand total as well as having her or his name on a plaque that will be purchased and then displayed in the Dan.

Also a new concession will be purchased for the Bradford campus.

The board will meet again Feb. 20 at 6 p.m. in the Waterloo Campus Child Name All are welcome to attend.

Human books share their experiences

BY LAURA BLACK

Students got the chance to listen to a person's life story at the Human Library which took place at the Learning Resource Centre on Jan 25.

During the event, Thomas books allowed students to come and listen to an experience or view from that was worth talking about. These included young parents, victims of domestic abuse, those with addictions and people with learning and physical disabilities.

The Human Library is an international, non-commercial event that was started by a Danish youth organization called Stop the Violence. It was started in 1997 by five young people from Copenhagen who decided to try and raise awareness and use peer group education to address Danish prejudices against violence after the stabbing of a local friend of theirs. The organization had 30,000 members all over the country in just five years. In 2000 they decided to expand events that would focus on anti-violence, encourage tolerance and build relations. Thus the Human Library was born.

Careening into Student Life department, right across the Human Library while research our opportunity to engage its staff or part of the Budget Committee at the college.

The event is meant to challenge assumptions, identify similarities and celebrate diversity.



I think students are surprised by the differences in each individual in our community and the resilience that people have throughout their lifetimes, said Laura Black, Student Life programme at Canterbury. Participants can expect to have a lot about each other and themselves.

44 I think students are surprised by the differences in each individual in our community... ??

— Laura Black

The Human Library has been running at Canterbury College since 2011, making for the fourth annual Human Library. About 100 Human Books attended the event that year.

Everyone has a story to talk about and the Human Library is a great way to get that story out there.

The following are some of the participants chosen:



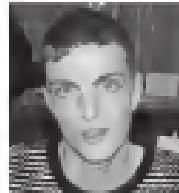
Jemma Garbett

Jemma Garbett, a mother of three, survived 16 years of domestic abuse at the hands of her husband. She said he was very controlling of her so she could not go out, her own clothes looked at her. She would even allow him through his belay pay for it and if he found out she was dressing up, he would threaten to pull the pants and braids that lay next to her.

"I did not know who I was Garbett said. "All of my beliefs were torn to shreds."

Gebert could not leave her husband because she could not support her children. Every time she did a red emergency money to leave her husband would find it and spend it.

When she finally left, Garbett said it was the most amazing thing ever. Only then did she discover that she lived to learn and has made a full-time hobby. She is currently a student at Canterbury College studying option administration.



Joshua Chalmers

Joshua Chalmers is a graduate who was diagnosed with developmental schizotypal personality three years ago and has just recently developed dissociative schizophrenia and is well.

Chalmers first schizophrenia in, Chalmers explained, occurred three years ago when he was trying to sell the pants and braids that lay next to her.

The place had made me a stronger person, Chalmers said. "It helped me talk about my problems instead of hiding them."

In October Chalmers came out to his parents who have accepted it.

He is currently studying marketing and advertising at Canterbury and recently got engaged so he has found life also has a circus to one day open up his own cafe.

To other people to live with Chalmers advises, "Be true to yourself and don't give up."



Sandy Lutzen

Sandy Lutzen was a victim of a robbery that occurred in a shopping centre she used to work at. Afterwards she self-harmed. Sandy said because she has a severe disorder. The most traumatic experience she has was the lack of support from her employer who actually blamed her claiming that she didn't do anything to stop the robbery.

Lutzen is currently studying social sciences at Canterbury and is volunteering at Victim Services in Christchurch.

The advice others who know someone who has experienced what she went through to take the time to talk to them rather than ignore it because no one offers an ear, she said.

"I encouraged people to be very open-minded and try to be supportive," Lutzen said. "Victims need to bottle up their emotions and they need to feel safe to talk about it."

Get screened for colorectal cancer

BY LAURA BLACK

People don't talk about their bodies and health, a problem according to the National Wellington Regional Cancer Program.

Colorectal cancer, cancer of the colon or one of the most treatable and detectable forms of cancer, according to Dr Michael Helling in a general practitioner and oncologist at Christ River Hospital.

"When you catch colorectal cancer in its earliest stage, there is a 90 per cent chance of cure," Helling said.

Despite this, colorectal cancer remains the second highest cause of cancer deaths in men, and the third highest in women.

Mount St Vincent Colorectal Cancer Awareness Month and it will begin with a number of awareness-raising activities from Christ River Hospital and the National Wellington Regional Cancer Program (NWRCP). The

NWRCP helps to provide care for cancer patients and people whose lives have been touched by a form of the disease. There are 24 cancer care programs like it across Ontario and they each work to ensure the population has access to the latest information and most effective care possible.

The NWRCP was created in 2008 by Cancer Care Ontario, an organization funded by the Ministry of Health and funded with taking care of all the cancer patients in Ontario.

Currently the NWRCP and Christ River Hospital are using their second Bowel Health Longitudinal Study to track colorectal cancer. The control side entitles to build a database of any number of bowel checkups as well as name a bowel and submit it and a compelling story before March 30. More information can be found on the Bowel Health Facebook page or at www.giving.org/colorectal.

The Bowel Health program

was developed with the intention of involving people for less stigmatized talking about cancer, which according to Helling, an area out of the body that doesn't receive a lot of publicity.

Mortality can also lead to numerous health consequences because of colorectal cancer, Helling said.

"Patients often suffering weight and mobility loss preparing for a colonoscopy but they have other diseases that have such a high chance of cure if caught early."

These are probably ordinary Canterbury students who have been aware about colorectal cancer, but now more aware about cancer from 50-70, but the NWRCP encourages young people to talk to their parents about it.

These conversations are free, says the website for the Colorectal Cancer Association of Canada.

Just when is really common disease to us – namely cancer. Bowel – it's a summary disease

GET IN THE KNOW ABOUT EATING DISORDERS

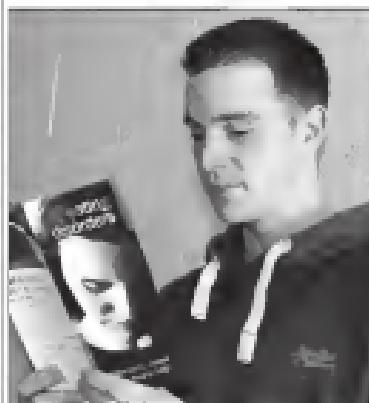


PHOTO: ERIN GARNER/THE HERALD
National Eating Disorders Awareness Week has much to offer many to those experiencing it.

Be prescription-smart

By CAROLYN DIBBLEY-JACKSON

When people go to the pharmacy to pick up medication, most would assume that what they receive is what they'll leave with. However, in a recent investigation by the CBC television series *Marketplace*, that may not always be the case.

According to an article by CBC's Marisol Collado, *Marketplace* found that half of the 1,000 prescriptions of generic painkillers in one week from five major Canadian pharmacies had made mistakes. Whether it's in the wrong dosage or the wrong medicine, *Marketplace* found that "there is no automated tracking system, and little accountability reporting for pharmacists who make mistakes."

Marketplace began looking into pharmaceutical errors in Canada several months ago. As part of their research project, "they" took findings came to visit 10 pharmacists in new cities to discuss how whether pharmacists make mistakes and what potentially dangerous mistakes can occur. What was found unfortunately is quite startling:

"Each 'tester' asked for a drug that did not require a prescription, but was kept behind the counter so pharmacists are supposed to provide warnings and information about them."

"More than half of the pharmacists tested failed to provide any warnings. None provided warning or legal guidance information with other medications and Doctor's Orders in her article."

The concept of not informing either the proper medical team or in other cases the proper source on medications or various conditions and of any truly preventable A simple cancellation or mistake can potentially be fatal.

Many pharmacists are faced with policing themselves and in turn are responsible for who they are not as well as others are expected. The only place in Canada where it is mandatory for pharmacists to have "error reporting tools" is place in Nova Scotia.

Canada should consider that 50% of demand and potential and natural tracking system to put in place and that reporting to the site mandatory. In addition, officers should have their licenses taken away.

Friendly and educational campaigns should be launched making Canadians aware that the drugs they are prescribed may not be the ones that they receive.

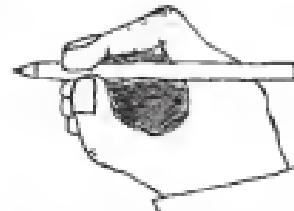
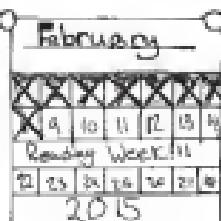
God through these measures can we be sure that the health of Canadians is a priority in this country.

The source above represents the position of the newspaper, not necessarily the author.

Letters are welcome

Spoke welcomes letters to the editor. Letters should be signed and include the name and telephone number of the writer. Letters will be read and the sentiments expressed. No unsigned letters will be published. Letters should be no longer

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The wait's almost over! One more week until Reading Week!

Slower speeds save lives



Marissa
McFadden-Glynn

Accidents are always an issue whether they involve cyclists, pedestrians or other vehicles.

The death toll keeps growing especially during the very winter months. It is often less than an hour to find a death of a way to reduce the number of car accidents.

However, Ontario is now exploring reducing the speed limit to 80 km/h in pedestrian areas.

Though no decisions has been made yet I am sure this will remove a lot of very slow footfalls. I am fully in favour with this proposal and the majority of the latter.

It is no secret that propane gas can cause confusion on the road they forget some of the basic rules. They develop some sort of gas pedal such as driving faster than they should, rolling through the intersection stop sign or speeding through a junction light when they could have stopped.

These simple acts may seem harmless, but they could cause a fatal car or pedestrian accident in the blink of an eye.

If a person is not big a vehicle going 80 km/h they have only a 80 per cent chance of

survival, yet when the speed is reduced to 60 km/h their chance of survival is 90 per cent.

If having a reduced speed limit would keep us all a bit safer, especially pedestrians and cyclists ??

Even a car going 40 km/h can stop in a full stop in just 0.6 metres whereas at 80 metres less than the time it takes for a car to stop when travelling at 80 km/h.

These facts alone make me think we could all benefit from a slightly reduced speed limit.

We have known for years that the answer to driving fast is in order to get to places quickly. That is why many people will be against this change.

It is not always new though.

If the speed limits were raised, not only would cars be able to stop faster and more effectively but the road would greatly reduce the number of car accidents. Sooner than later, we are going slightly slower on the roads.

The point goes about driving at though you may be a rock star and follow the rules of the road, there are people all around you that don't. Name them and drive more safely to catch them. Mind spots come along when they shouldn't. You constantly have to pay attention not only to what you're doing, but when there's someone you are doing as well. Having a reduced speed limit would keep us all a bit safer especially pedestrians and cyclists who are hard to see from inside our car.

Although car accidents will still happen, lowering speed limits could greatly reduce the number of deaths they cause each year.

Whether Ontario will make the change or not has yet to be decided. But I for one hope they do.

SPiKE

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The mysterious meaning of Facebook likes

By JENNIFER COOPER

In a society shaped by word media like the press "I don't know it, just doesn't cause concern,"

Ryan Miller, one of the 12 students involved in the Dalhousie University Accountability scandal has gone public to present his perspective. He wants people to believe that he taking a Facebook 'like' to a suggestive photo of a man's penis on the steps of a police building with a sign tucked under his folded arms that read "public entrance closed, reflect" he pursued before it could be taken.

In a related CBC story both experts said that a 'like' shouldn't always be taken at face value.

After discussing an issue close to him in the English department at the University of Waterloo, Miller thinks that the Dalhousie University scandal is interesting for many reasons, including the fact that it raises how some often don't appreciate the role of a completely private online space.

"People haven't quite made up their minds on what is actually a pretty open space and I think there's probably mixed messages."

Miller, a father of three stated several times with his fellow classmates and lead the Facebook group to stay in touch regarding to his findings.

Drum MacLennan con-

cerns about the Facebook group started out being well received, to be a place where the students could exchange their thoughts about school, drugs and that only a small percentage of the thousands of posts to the group over the years were off-topic or irrelevant.

Leaving a 'like' on a post, doesn't always mean that the user literally likes the new photo, MacLennan especially when users feel weird putting an 'unlike' message to their friends who posted that photo.

Chris Miller, a Waterloo researcher, speaks a lot of times on social media websites and thinks that there aren't any guarantees to the things on Facebook.

"I think it's a sharp cop to claim that people don't know what they're doing on social media and that there aren't others don't care their own personal feelings," Miller said.

Chris, however, does note that people post something on Facebook, doesn't necessarily mean that they like it. If I don't want to like it, I don't have to do it. I don't like it on Facebook; it's that simple."

Shelby Davis, a Waterloo student also thinks people leave what they see when it comes to social media permanent.

"I have a lot of friends who post controversial things on Facebook but never care how

I felt like I had to like it or they wouldn't be my friends. I like things on Facebook that I like on real life. Just because it's online doesn't mean I think it's cool to like most or most things," Davis said.

Matthew Johnson, director of education for the non-profit agency, Mediabistro, says what researchers have indicated here are proving up to today's digital age. Studies show people especially after photo a very high value in using their photo and comments liked and leaves their friends who care that sidebar.

Likes are seriously taken as a measure of popularity. There's often a lot of stress to maintain where a photo is posted, how many likes it will receive, distance and according to MacLennan, the harder the young people try to participate to understand how changing their online status can be whether it's a good like or otherwise.

Miller, along with his 12 classmates involved in the Facebook page discussing about, homophobia and sexually violent content have been suspended from classes, whereas a regular class suspension of the day before program, as well as a moderation system process where all posts created will discuss at length the banca caused through that Facebook page.

Celebrate 'Singles Appreciation Day'

Chocolate and a nice date dinner – all which you don't have to worry about.

Let's be real, you're going to spend the day on the couch in a pair of pajamas, drink your happy non-coffee, calling yourself the snazzy pants icon on Valentine's Day. But sometimes you're not the only one.

Actually if you're single on Valentine's Day you can participate in Singles Appreciation Day, which is celebrated on Feb. 14 in a humorous manner. You get to wear black to symbolize the absence of relationships – and everyone looks good in black.

Valentine's Day happens with the romance but the cost, story is unknown. Having three or two thousand. Some believe that the day derived from Lupercalia, a roman Roman festival that was celebrated on Feb. 13. Men supposedly stopped naked and spouted young blood in an hopes of getting their fertility...and that's why. The second theory is that the Roman Emperor Claudius II was trying to increase the number of men in his army. He found that it was easier to get single men to go off to war rather than married men with a family. So he began forbidding women from marrying. But St. Valentine defied him on the ground of love apparently, and left an unperforming heart-shaped key. By breaking the law Valentine was rapidly executed on Feb. 14. Hence



Natalie
McCallum
Spokesperson

that we have celebrated the date and person the love.

But isn't really a celebration? For every 100 single women in this 100 there are 110 single men, so why are so many women spending Valentine's Day alone? More and more, it's because Single Spatula, various make relationships look less and that is what we're currently looking for.

Despite being a silly holiday approximately 150 million Valentine's Days cards are exchanged each year making it the second most popular card-sending holiday following Christmas. See that right. But that doesn't come close to the fact that over 254 million roses are grown each year for Valentine's Day and \$1.5 billion is spent on flowers.

So what's single women on Valentine's Day do? Well you can celebrate Valentine's Day on the 13th, which is the day you get to celebrate your love for your best friend. Or you can celebrate Single Appreciation Day on the 15th. Or you can stay in your room eating chocolate that you've had bought to the power of because "you're a single independent woman who don't need no man."

HEELS FOR HOPE RAISES AWARENESS



PHOTO BY HEATHER GARDNER

Women dance in support of cancer awareness at Heels for Hope on Jan. 19. Photo credit: Heather Gardner

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War continues on sugar and obesity

By Sam McRae

In recent years North Americans appear to eat more fatty foods and drinks has reached alarming levels which in turn has led to high rates of obesity.

Over the past 20 to 40 years obesity rates and sugar consumption have risen dramatically in North America. According to a May 20, 2014 article in the online newsletter published by Michael F. Roizen, physician who directed the documentary *Fat City*, from 1977 to 2009 we doubled our intake of sugar. It now sits at 100 grams per day. It's also twice as much as your body and its systems like to have. We've been blamed for so many of our diseases for cholesterol, heart problems. But it turns out that sugar is really the underlying factor in many of those diseases.

However, health food stores and personal trainers are making positive strides to reverse the trend of obesity caused by the over-consumption of sugar.

Gary Holloman, vice president of Healthy Foods & More

in Waterloo said they were taking steps to reduce sugar in the baked goods and other products that are in all its stores.

There's a couple of things that we can right now. One of the main concern products on the market is refined sugar. So we're taking sugar as opposed to more traditional plant based sugars. We typically don't use a lot of sugars in our breads. We also have stores which is becoming common on the market. It's a local flour and ground up. It's 30 times as sweet as regular sugar. So you only need to use a little bit to get the same amount of sweet taste. It's great for people who are diabetic, but us!

Holloman also talked about how people can cut back on sugar which improves their health.

If individuals experience adverse effects from consuming too much sugar such as obesity they can gradually reduce that unhealthy trend by consuming foods that are rich in nutrients such as fruits and vegetables.

Another startling statistic

about sugar is that there are more than 10 billion dollars that are invested in sugar consumption including tobacco, poor diets, physical inactivity, lack of exercise, sleeplessness, allergies with ADD, ADHD, hyperactivity, mood swings and numerous and gastrointestinal diseases. Also according to Michael F. Roizen, a certified health and wellness coach and nutrition consultant, 40 per cent of Canadians are overweight or obese and the predicted that by 2025 approximately 70 per cent will either be obese or moderately obese causing weight on half of our preventable deaths.

Markush Bhatty, who is a personal trainer in Waterloo said he talks to his clients about their eating habits.

I find out what my clients consume has much higher than I give them when we have to improve. These stats by the eating foundation that show numbers that will positively impact their health.

According to Bhatty, excess and diet go hand in hand when it comes to improving health and losing weight.

"Cutting down on sugar



PHOTO BY SAM MCRAE

Gary Holloman, who is the store manager of Healthy Foods & More in Waterloo, stands in front of the store's policy on sugar. The store sells products that cut extremes to reduce sugar.

make a half the battle. If she consumes too much sugar but she wants to change that I give them what we have to improve. These stats by the eating foundation that show numbers that will positively impact their health as well.

On the other end of the spectrum, Waterloo president Jennifer Holloman admits that I can lose weight, she will.

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The photo on the left is copyright © 2012 by Doug Weller. The photo on the right is copyright © 2012 by Conestoga College.

WORLD'S FOLIAGE
It's easy to say that the most interesting thing about the new circus students at Conestoga College is their unique costumes. They have a wide variety of clothing, from the more traditional like a man in a tuxedo and bow tie, to a woman in a bikini and a man in a tuxedo. They also have a variety of accessories, such as hats, scarves, and ties. The students are very creative and have a lot of fun with their costumes.

THEATRE
Theatre students at Conestoga College are currently working on a production of "The Merchant of Venice". The play is set in a modern setting and features a variety of costumes, including a man in a tuxedo and a woman in a bikini. The students are very creative and have a lot of fun with their costumes.

ARTS
Art students at Conestoga College are currently working on a project involving a variety of materials, including wood, metal, and fabric. They are creating a series of sculptures that will be displayed in a public space. The students are very creative and have a lot of fun with their projects.

MUSIC
Music students at Conestoga College are currently working on a variety of performances, including a band, a choir, and a soloist. They are creating a variety of music, including rock, pop, and classical. The students are very creative and have a lot of fun with their performances.

DANCE
Dance students at Conestoga College are currently working on a variety of performances, including a group, a soloist, and a choreographer. They are creating a variety of dances, including contemporary, jazz, and hip-hop. The students are very creative and have a lot of fun with their performances.

THEATRE
Theatre students at Conestoga College are currently working on a production of "The Merchant of Venice". The play is set in a modern setting and features a variety of costumes, including a man in a tuxedo and a woman in a bikini. The students are very creative and have a lot of fun with their costumes.



World's most ridiculous circus sideshow freaks out Conestoga students



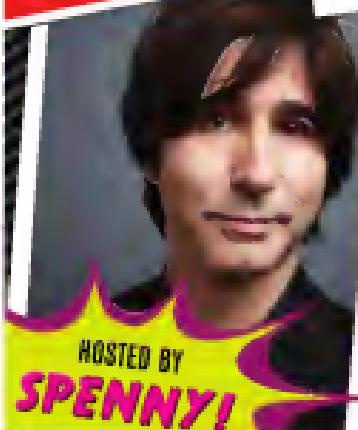
PHOTO BY JEFFREY D. STONE
Students at Conestoga College are performing in a variety of costumes, including a man in a tuxedo and a woman in a bikini. The students are very creative and have a lot of fun with their costumes.

CONESTOGA
STUDENTS INC.

OOOU,
SAUCY!

THURSDAY
FEBRUARY 12TH

XXX BINGO



HOSTED BY
SPENNY!

IN THE SANCTUARY
AT THE DOON CAMPUS

STARTING AT 9PM

18+ EVENT | CASH BAR | 19+ TO DRINK

TICKETS FOR \$5

AT THE CSI SERVICE HUB
ON YOUR CAMPUS!

"ADULT"
TOYS

FROM

**STAG
SHOP**
The Party Place

Event planned & is a student event organized by students.
Conestoga students are welcome to sign in and non-Conestoga guests
admit \$10.00 for the 18+ with valid picture ID. An advanced ticket is required before the
event. Conestoga students must be 19 or older to drink alcohol under the enhanced alcohol sale rules as outlined



**STUDENTS
GET UPDATE
ON ALL THE SERVICES
THAT CSI HAS
TO OFFER**

CSI held a week-long event called CSI Fair where students had the opportunity to be exposed to what staff and faculty are doing at the school. This year CSI Fair is off to a great start. Many students have come to CSI Fair to learn about the various services available.

BY HEATHER ST. CLAIR ST. CLAIR

Beat the Blues



Beat the winter blues! In Counselling Services, we recognize our Canadian winter can feel long, which affects our energy levels and moods. Sometimes we need a pick-me-up! Whether you briefly experience the blues during the winter months, recognize you may experience S.A.D. (Seasonal Affective Disorder), feel symptoms of depression, or are just looking for something fun to do, check out the Beat the Blues event!

WHEN? Thursday, February 12th, 2015
TIME? 10:00 a.m. – 12:30 p.m.
WHERE? Lower Atrium, SLC

The War Amps

The Lipsey Continues

The War Amps continues to serve war amputees and all Canadian amputees, including children. The Child Amps (C-WAMP) Program provides financial assistance for artificial limbs required by children, and much more.



When you see the War Amps logo, stop and contribute. Every dollar you contribute goes directly to programs like C-WAMP.



Give by mail or online at www.waramps.ca

The War Amps

1-800-330-3010

www.waramps.ca

WarAmps.ca



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www.1000toone.com

BELGREEN PARK A HOME FOR HOCKEY



Children of all ages gather at Belgreen Park in Waterloo to play friendly games of hockey on Friday night. Above, two boys, 13 and 11, battle for the puck at the corner of the rink.

PHOTOS BY BETH GRIEVE



Stand out from the crowd

Specialized Graduate Certificates Inc.

- Career Development Practitioner (available part-time)
- Community and Social Services Management (available part-time)
- Event Management (available part-time)
- Financial Planning Services
- Global Business Management (available part-time)
- Global Hospitality Management
- Green Management
- Human Resource Management (available part-time)
- Project Management (available part-time)
- Small Business Ventures
- Social Media Marketing (available part-time)

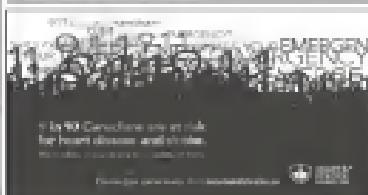
APPLY NOW FOR SEPTEMBER!

Become career-ready in a less than a year.

WHAT YOU DO HERE...COUNTS OUT THERE



Children share the puck at the park.



Over 90 Conestoga students risk
their health, vision and safety
to help others in disaster relief.

Please consider a donation to Conestoga.



May contain
traces of feeling
excluded

When you have a serious food allergy, birthday cake is just one more thing you can't have. Visit anaphylaxis.ca

Anaphylaxis Canada



HOROSCOPE

Week of February 5, 2001

**Aries**
March 21 -
April 19

Don't let people talk you down. Be determined and focus your energy on your goals.

**Taurus**
April 20 -
May 20

You are known to be stubborn. Your way isn't always the right way. Let them around you speak their minds. This week, listen carefully.

**Gemini**
May 21 -
June 21

Push yourself harder. You know what you're capable of. This week, believe in your self.

**Cancer**
June 22 -
July 22

You are known to be clingy. Those around you won't always be there when you need them. This week, be independent.

**Leo**
July 23 -
August 22

Keep your "problems" at someone else's house. Draw from their care and don't look back.

**Virgo**
August 23 -
September 22

Change is ahead. Seize every opportunity you can. Keep them up and focus on your goals.

**Libra**
September 23 -
October 22

This week ahead is going to be tough. Don't rely on others to do your work for you. Take charge and don't procrastinate.

**Scorpio**
October 23 -
November 21

You are currently dealing with small bumps on the road. Although it may seem you are slowing down, you are still headed in the right direction.

**Sagittarius**
November 22 -
December 21

Let go of the things you can't change. If it's not your business, don't get involved. This week, focus your energy on yourself.

**Capricorn**
December 22 -
January 20

Don't take the easy road. Face challenges head on and expect good fortune from your efforts.

**Aquarius**
January 20 -
February 18

You are known to be rather persistent. When something goes wrong, just smile and keep moving forward.

**Pisces**
February 19 -
March 20

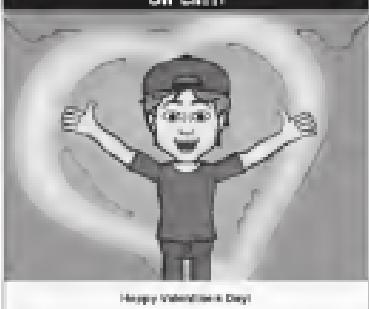
You are good at seeing things that not everyone else people expect. Just smile from you. This week, take a day off.



The Stars have spoken...

FUN & GAMES

Oh Cliff



Happy Valentine's Day!

Useless Facts

Your skin moves about 3 million times a year - every time you sneeze!

Slipping your nose against a wall uses 150 muscles at once.

Children grow faster in the springtime.

The surface area of France has 150 versions.

Russia has a larger surface area than Pluto.

Colored University is older than the United States.

Sudoku Puzzle

			8	6		4		
2	8	5	3	1		7	9	
7					8			
8		4		3		1		
6	9					5	7	
			9	4	7		6	
	6	8	2			9	1	5
1	9			5	8			
			1			2		

Fill in the grid with digits in such a manner that every row, every column and every 3x3 box accommodates the digits 1-9 without repeating any.

Word Search

Valentine's Day

X	O	Y	T	X	H	O	U	R	G	P	I	D	S
B	O	A	T	D	H	G	A	R	D	S	J	V	P
X	X	W	H	A	N	P	R	O	P	O	L	R	H
T	R	D	S	T	P	A	G	E	M	O	F	E	L
H	O	Q	U	D	L	W	C	V	A	R	S	J	S
G	M	O	O	W	O	I	H	K	C	M	S	O	N
I	A	P	B	H	G	P	O	Q	I	E	T	Y	R
L	H	N	I	M	T	D	G	U	D	Y	O	G	L
E	C	D	D	S	E	Z	O	S	H	T	R	N	H
L	E	B	T	R	S	U	L	C	K	H	L	Y	D
O	G	L	I	S	T	C	A	H	W	E	M	B	R
R	O	Z	E	T	N	T	G	E	B	A	W	D	A
A	F	K	J	N	I	S	O	E	R	R	E	Y	F
C	O	R	G	C	I	N	S	E	I	B	T	J	H
D	B	J	M	D	H	Y	Z	S	S	I	K	E	R
N	Z	D	S	E	S	O	R	H	J	H	U	G	X

SWEETHEART
ROMANCE
DINNER
RED
ROSES
JEWELRY
CARDS
LOVE
DATE
DESSERT
CHERISH
CANDLELIGHT
CUJO
CHOCOLATE
CANDY
PROPOSAL
PINK
POEM
TEENYBEAR
HUG

Kids too young for technology

I can still remember my first real computer with technology. It was my Sony computer because I started high school and I was 13 years old. All of my friends were playing up the Facebook, so I did too but it was months before I became an active user.

However, in today's world a mere six years later, this would be considered old to be introduced to the World Wide Web.

I could never see I hate technology. I honestly love all of the new advances with sites and references easily available at our fingertips. Specifically because I work i available.

Technology at present - the people who are mature enough to use it.

The first time technology scared me was when my three year old nephew called me on the phone one night. He was playing with my laptop and thought he had somehow deleted my number. While I assured myself at the time I wouldn't help but wonder who else he could have called.



**Marlene
McFadden
expresses**

Another time technology scared me was just a few weeks later. I received a friend request on Facebook from my friend's six year old brother. She had to be only around friends so he had someone to play games against and it was totally bizarre.

That is the terrifying aspect though. Even young children can access so much on the Internet which could have severe consequences. They are still too young to understand these dangers.

I have heard in many people comment on how bad youth seem to be playing or new-age but we are the ones allowing that to happen. When I was six years old I was playing cause believe not spending all of my time outside but because we are so used to sit-in phones and

the Internet as an almost normal for children to be on the Internet as well.

Our youth may be growing up too fast but I think we are learning that need for them.

By allowing kids to have access to such a vast amount of websites apps and sites when it is prime from the opportunity to get themselves into serious trouble when they are not yet mature enough to understand the consequences.

It is understandable how people get hooked as quickly to the web. Technology is every where and the more of it takes over their lives but let's not allow the big wide world to take over the lives of our kids as well.

To continue and play with your children and encourage them to explore. Let out of these websites at least for a little while when they are spaced.

Maybe if we are adults less worried about social media and technology they will realize its cost because no they are growing up knowing technology is great, but still the cost will and will.

VALENTINE'S DAY AROUND THE CORNER



PHOTO BY ANDREW MCGILLIGAN

Isaac an artist at 9th year Community Business Industrial art student, creates custom fun of Valentine's Day cards people need to know there is something wrong with sending the day cards on not being alone, a single person and single should treat themselves out for it and be happy they are not spending an everyday amount of money on gifts that from my cost for the past the other 364 days of the year.

CLASSIC CINEMA MAKING A COMEBACK

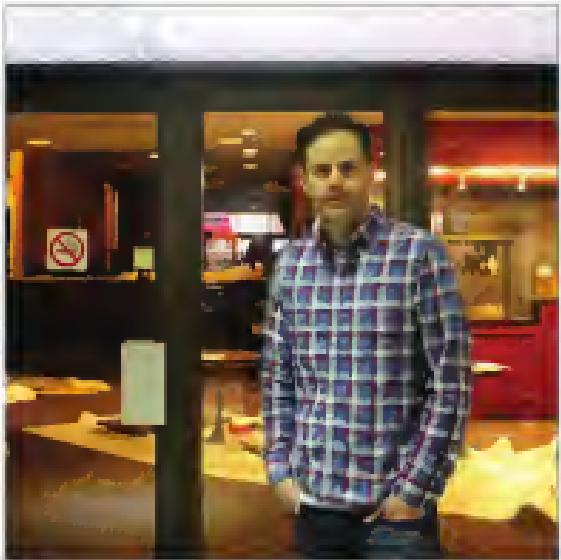


PHOTO BY ANDREW MCGILLIGAN

Classical cinema is poised to make a comeback. At the New Apollo Cinema, spectators return to the 30th floor Apollo Cinema, located in the 30th floor of the Wynn. It's offering 16 movies in the space. For a movie ticket go to www.apollocinema.com.

WINTER WOES CONTINUE



PHOTO BY ANDREW MCGILLIGAN

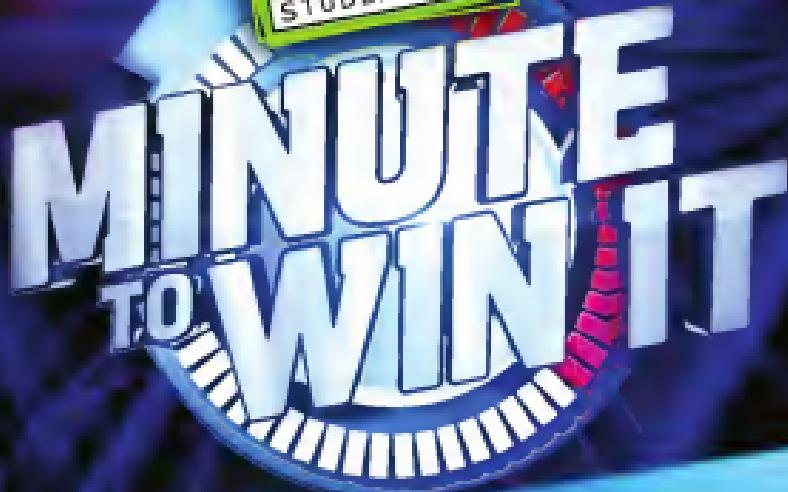
Officer Constance Collins of Las Vegas police, hasn't come across with each other in the blue parking lots for a parking space. When Officer Nathan stamp 20 to 30 feet of snow and did his 2 parking because an overuse of superglue.

TUESDAY FEB 10TH

**PRIZES
TO BE WON!**

**CONESTOGA
STUDENTS INC.**

**SEE IF YOU HAVE
WHAT IT TAKES TO COMPETE
IN THESE MINI CHALLENGES
IN UNDER A MINUTE!**



5 TEAMS OF 4

**STARTING AT 12:00PM
SIGN-UP STARTS AT 11:30AM
DOON CAMPUS | IN THE SANCTUARY**